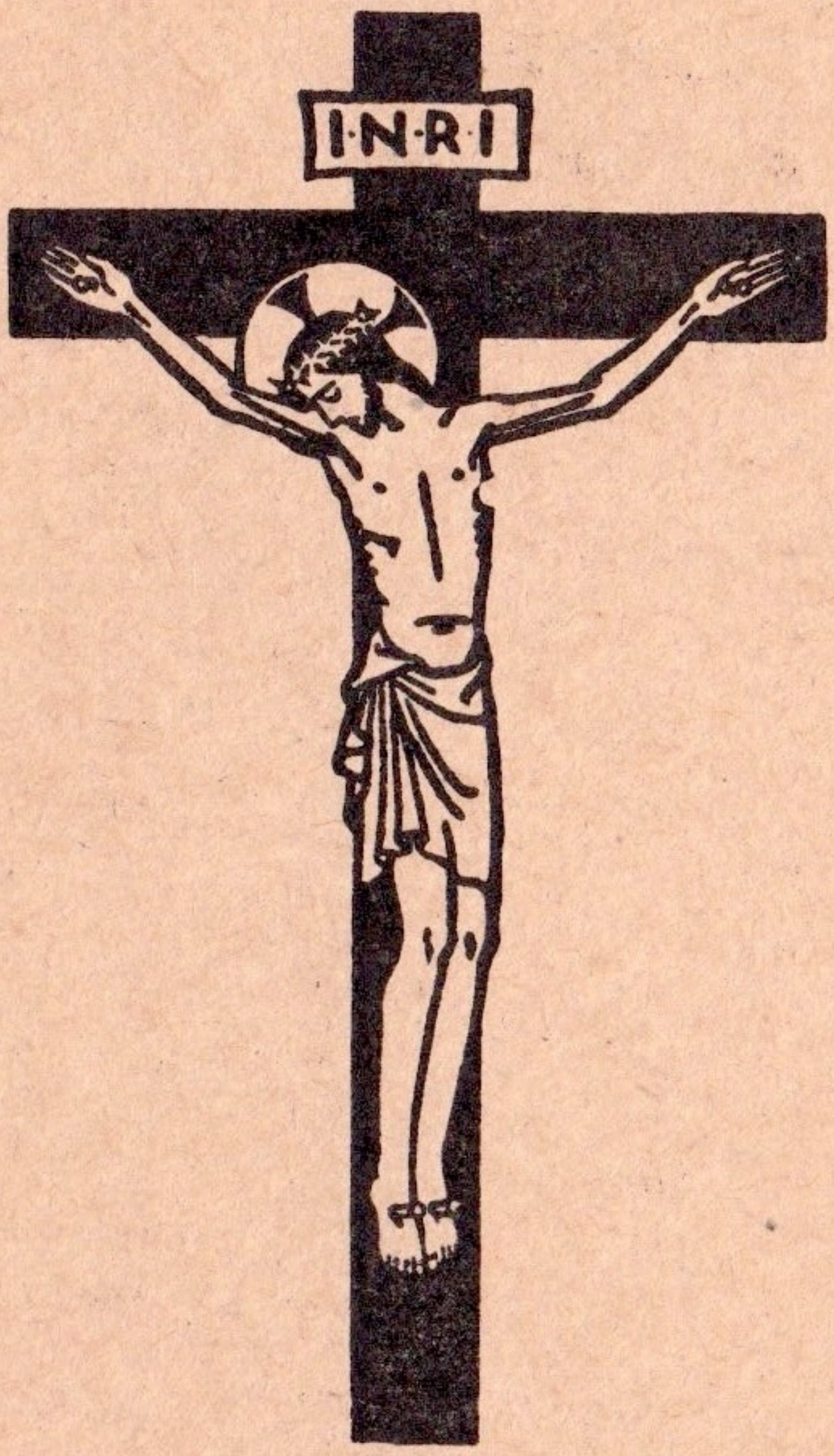

Morning and Evening
PRAYERS

THE CATHEDRAL OF ST. JOHN THE DIVINE

CATHEDRAL HEIGHTS

NEW YORK 25, N. Y.

MORNING PRAYERS

✠ **In the name of the Father, and of the Son, and of the Holy Ghost. Amen.**

Think of all that you will have to do, and of all the people that you will meet, at your work and in your spare time during the day.

Then, in your own words, *offer yourself* to God, that during the day he may take your body, your hands, your feet, your lips, and use them in the service of Christ your Master.

You can say to God:

Here am I; send me.

Say the **Our Father.**

If you have time, you can say the following prayers:

Teach us, O Lord, to serve thee as thou deservest; to give and not to count the cost; to fight and not to heed the wounds; to toil and not to look for rest; to labour and not to seek any reward save that of knowing that we do thy will; who livest and reignest for ever and ever. Amen.

O God, guard, guide and strengthen me, and all whom I love, to-day. Keep us free from all sin and protect us from all danger. Send thy holy Angels to watch over us. For Jesus Christ's sake. Amen.

✠ **The grace of our Lord Jesus Christ and the love of God, and the fellowship of the Holy Ghost, be with us all evermore. Amen.**

EVENING PRAYERS

✠ **In the name of the Father, and of the Son and of the Holy Ghost. Amen.**

Thanksgiving. Thank God for your 'creation, preservation, and all the blessings of this life', for making you and for keeping you alive, for feeding you, and for all his other mercies given to you during the day.

Self-examination and Confession. Examine your conscience quietly, and ask yourself what sins of thought, word and deed you have committed during the day. Confess them to God, and ask him to forgive you, and to help you to lead a better life to-morrow.

Prayer for Others. Pray for your relations and friends; for your enemies; for all who are suffering in any way; for the work of the Catholic Church throughout the world; for peace and justice and freedom in the world, for any other causes for which you may care.

Sum up all your prayers in the words which our Saviour taught us: **Our Father.**

If you have time, you can say the following prayers:

Lighten our darkness, we beseech thee, O Lord: and by thy great mercy defend us from all perils and dangers of this night; for the love of thy only Son, our Saviour, Jesus Christ. Amen.

Visit, we beseech thee, O Lord, this place, and drive from it all the snares of the enemy let thy holy Angels dwell herein to preserve us in peace; and may thy blessing be upon us evermore; through Jesus Christ our Lord. Amen.

Always finish your evening prayers by saying a prayer for the dead:

✠ **May the souls of the faithful, through the mercy of God, rest in peace.**

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